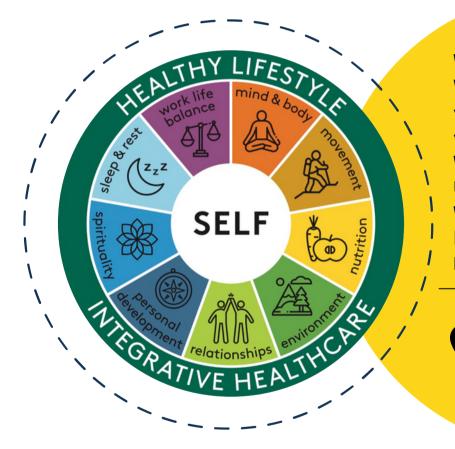


UVM HEALTH & WELLNESS COACHING EMPLOYEE CONNECTION

Ready to make a lasting change to improve your health? Connect with a community dedicated to wellbeing.



What: 12-week Health and Wellness coaching program - 6 weeks of group coaching and 6 weeks of individual coaching Who: Any employee of UVM and UVM Medical Center When: Tuesdays from 12-1pm, beginning Jan 31st Fee: \$25

> **Fully virtual!** Group and individual sessions take place over Zoom

Register here:

https://na.eventscloud.com/ereg/index.php?eventid=723653&



Questions? Contact: uvmihinfo@med.uvm.edu More Information: <u>https://go.uvm.edu/healthyu</u>